

Creamy Creole Dip (Low Protein)



Sweet, spicy, tangy – this sauce has it all! It's perfect for baked yuca fries, roasted vegetables, Veggie Bites, and crunchy carrot sticks!

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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	Simplified Diet Protein
Serving	0g
Recipe	0g

INGREDIENTS

½ cup	Hellmann's Plant-Based Mayo Spread & Dressing
2 Tbsp	Ketchup
2 tsp	Worcestershire Sauce
½ tsp	Black Pepper, ground
½ tsp	Garlic Powder
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt

CHEF'S NOTES

Serving size: 2 Tbsp

This dressing has the right balance of flavors that will appeal to the whole family. If you want to add some extra heat, mix in your favorite hot sauce. Start by adding a teaspoon at a time until you reach your desired level!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all ingredients in a small bowl. Whisk together until well combined.
3. The sauce is ready to use immediately. Store leftovers in an airtight container in the fridge for up to a week.

Nutrition Facts

6 servings per container

Serving size **2 Tbsp (27g)**

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 10mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: ANCHOVIES

Recipe adapted from Dish by Dish, "Copycat Raising Cane's Sauce" (3/20/23)



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